

County Women's Network

NEWS

Networking Enhances Women's Success

Why Mentoring Works

You have big plans for your career. You want more recognition. You know where you want to go — you just don't know how to get there.

Most of us cannot afford a "career coach". Mentoring is a process of sharing experiences and exchanging information. It also develops long-term relationships and insights for leadership. According to the non-profit organization, Network of Executive Women (NEW), mentoring benefits the company, the mentor and the person begin mentored. Here are some highlights of what they discovered:

Benefits the Organization

- Improves productivity
- Enhances professional development
- Links employees with valuable knowledge from an external perspective

Benefits for the Mentor

- Broadens the network of industry contacts
- Enhances leadership and communication skills
- Provides connection to emerging leaders
- Re-energizes the mentor's career

Benefits for the Protégé

- Learns from the mentor's expertise
- Receives critical feedback in key areas such as communication, interpersonal relationships and leadership skills
- Enhances the ability to network
- Gains knowledge critical for success
- Learns specific skills and knowledge, relevant to professional and personal goals



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Deadline to apply for the CWN Mentoring Program is Tuesday, August 15. If you have been thinking of applying, now is the time. Mentor and Protégé Applications are attached to this newsletter.

Do You Network?

Yes, we attend the monthly meetings. Yes, we bring a friend once and a while. Yes, we read the newsletter. BUT — when you attend the monthly meetings, are you taking full advantage of your opportunities? Huh? You say. Keep in mind that the monthly meetings are also an opportunity for you to meet members from other departments. This means

that you must go out of your comfort zone and meet someone new. This is one of the goals of CWN. So, if you attend the monthly meeting with other members from your office, or always sit with old co-workers, —that's great! But, you can go farther.

I challenge you to meet someone new this month. You may just

have something in common. Try it!

If you've met my challenge, I want to hear about it and encourage others to do the same. E-mail your experience to cwn.newsletter@yahoo.com with "Comfort Zone" in the subject line.

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Profile ~ Jessie Burr, Director of Mentoring (1st Position)

Hi! I'm Jessie Burr and I'm excited to begin my second year as a CWN Director of Mentoring.

I began my employment with San Bernardino County in 1984, as a Clerk II. I have been an Eligibility Worker, an Eligibility Worker Supervisor and for the past 14 years, a Staff Training Instructor for the Performance, Education and Resource Center. I am also a trainer for UC Davis Extension - Center for Human Services.

I have been a member of CWN for a number of years and my experience last

year as a Director of Mentoring was very rewarding. It's a pleasure and an honor to be able to help lead a program that our CWN members can participate in to help themselves grow both personally and professionally.

Mentoring is just one of the ways that CWN promotes women and I am very pleased to be part of this organization. I'm looking forward to a great year!

If you are interested in becoming a protégé or mentor for next year's program, contact me or Jane Adams to sign up.



Have you renewed your CWN membership?

There are now two options ~ a one-year or a two-year membership.

A membership application is attached to this newsletter.

Do you attend the monthly meetings alone? This a perfect opportunity to invite a friend to join CWN.

August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Send in your membership renewal	5
6	7	8	9	10	11	12
13	14 Deadline for monthly TRIVIA contest	15 Mentoring Program application deadline	16 CWN Monthly Meeting	17	18	19
20	Did you network on the 16th?	22	23	24	25 Deadline to submit CWN articles	26
27	28	29	30	31		

Celebrate the Date ~ August 2006

- •3rd ~ Friendship Day
- •8th ~ Refrigerator Day (commemorating its patent in 1899)
- •13th ~ Lefthander's Day
- •17th ~ Davy Crockett Day (born this day in 1786)
- •20th ~ Lemonade Day (invention of lemonade in Paris in 1630)
- •24th ~ Waffle Day (the anniversary of the 1869 waffle iron patent)

CWN ~ West Valley Region

After their July 25, 2006 meeting entitled "How to Avoid Taxes while Kathy Marshall, Edna Grove, Jill Saving for Retirement" the CWN West Valley Region Planning Committee are back at it and busily planning their next quarterly meetings in October and January.

We're looking forward to what the West Valley has in store for it's members.

The Planning Committee consists of Gallagher, Andrea Starwas, Monica Rodriguez and Mary Warren.

Thank you for your hard work and dedication!

If you would like materials from their July meeting, please e-mail one of the committee members listed above.

CWN ~ Desert Region

Calling all desert region members! If you are interested in helping plan upcoming desert meetings or have ideas for speakers and/or programs, contact Jo-Ann Burns at burnsj@hss.sbcounty.gov.

Additionally, if you have co-workers you know would benefit from a CWN membership, this is the time to join! Pass along an application or direct them to our website www.sbcounty.gov/cwn. If they haven't been to a meeting, bring them along!

Special thanks to Angela Grisafe-De La Rosa for stepping in to help with the Mentoring Graduation and Board Installation Ceremony.

We appreciate all your hard work. That's what teamwork is all about.

** Scholarship Recipients **



"PROMOTING ME"

Congratulations to the following CWN members on their recent accomplishments

- Marisela Hogan for graduating on June 3 with a BS in Human Services.
- Emily Danner for her promotion to a Staff Analyst II with the Department of Behavioral Health.
- Marlene Goodall for her promotion to a Staff Analyst II with the Probation Department (Administrative Services)
- Cindi Tamez for her promotion to Deputy Director for TAD.
- Patricia Cole for her promotion to Deputy Administrative Officer with the Economic Development Agency's Administration



Major League Rules for Work

When summer is here, many people have only one thing on their mind: baseball! While baseball and work may seem totally unrelated, there are actually many similarities that you can apply on the job. Think about it—whether you're a player on the field or at work, both require hard work and dedication; both rely on teams that work well together; and both have solid and talented "All Stars". Check out the following tips: ◆

Put yourself through spring training. Sharpen your skills, learn a new skill, take a class or become educated. CWN offers scholarships to help you pay for the class.

- ♦ Step up to the plate. Be proactive. The best employees are eager to take on tough assignments, welcome new challenges and are not afraid of hard work. Doing so will demonstrate your dedication and commitment to the whole team.
- Don't be afraid to dive for the ball. Are you afraid to talk in meetings? Have confidence in your knowledge and ideas and speak up.
- Back up your teammates. Ground balls that roll through the legs of an infielder are almost always picked up by an outfielder

who is covering his back. Make sure you back up your colleagues in the same way.

- ◆ Don't get discouraged by a strikeout. In baseball, you have to learn to take your outs and strive for the next base hit. The workplace is the same. Real workplace winners learn from mistakes and use challenges to make themselves better.
- ♦ Knock it out of the park. Sometimes to be the All-Star, you must hit big. Go above and beyond. Put in the extra effort. Just make sure that, whatever your task at work is, you give 110%, just like a real All-Star.

Mentoring Memories

Were you a protégé or mentor in one of the many graduating classes? If you are, I'm sure you remember all the hard work, the homework and all the meetings — but do you stay in touch with your circle-mates?

Keep in mind that just because you've graduated, you still should stay in touch with one another. Why? To reinforce what you've learned and to help each of you stay on the right track, whether professionally or personally.

Why not get together for lunch some day to catch up? If a weekday won't work, why not on a Saturday afternoon? Check out the attached Metrolink Schedule for ideas. Meanwhile, make that phone call, or send out an e-mail soon. You'll be glad that you did.

Profile ~ Jane Adams, Director of Mentoring (2nd Position)

My name is Jane Adams and I am the 2nd Director of Mentoring for 2006-2007. I have been a member of CWN since 2003.

It was through the help of mentors in my personal and business life that I have accomplished what I have in both my career and in my personal life. It is for these reasons that I am passionate about the Mentoring Program that the County Women's Network offers. It is a great opportunity and I hope many of you will take advantage of it. Deadline to apply is August 15.

I have worked for San Bernardino County for 21 years. I started my

career in Riverside County as a Clerk II over 32 years ago. I am currently a Deputy Director in the Department of Aging and Adult Services. I hope that this year will be a very successful year for CWN and that many of you will be able to grow professionally and personally through your affiliation with CWN.

County Women's Network

CONTACT US

Melonee Vartanian, President cwnprez@vahoo.com

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Membership:

Chris Garcia, cgarcia@jesd.sbcountv.gov Kimberly Brown, brownk@hss.sbcounty.gov

Programs:

Lynda Matejka, Imatejka@hss.sbcounty.gov Michelle Brass, mbrass@dbh.sbcountv.gov



Each month there will be a trivia question about CWN in the monthly newsletter. If you know the answer to the question, e-mail your answer to cwn.newsletter@yahoo.com by August 14, 2006 with "TRIVIA" in the subject line.

The first member with the correct answer wins!! Winner announced at the August meeting. Must be present to win.

If there is more than one correct answer submitted, a drawing will be held among those members submitting the correct answer to determine a winner.

A coupon for a free Starbucks beverage is the prize!

August Trivia Question

Who designed the CWN lapel pin?



Moved or have an e-mail addresses change? Contact MEMBERSHIP to update our records

July Trivia Answer: Registrar of Voters

2006/2007 Board of Directors





L to R: (back row) Diana Alexander, Alvina Hollensbe, Denise McGovern, Chris Garcia, Melonee Vartanian, Julie Summers, Kimberly Brown, Jessie Burr and Jo-Ann Burns: L to R (front row) Michelle Brass, Lynda Matejka, Terri Conklin, Jane Adams, Bobbi Albano, Andi Wagner and Kathy Marshall.





50% off!

Regular weekday fares

Saturday:

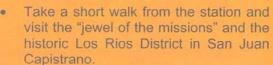
Starting July 15th

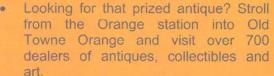
Lunch in Oceanside on the Inland Empire-Orange County Line, you can open the doors to new adventures with

Metrolink Weekends™. This permanent year round service replaces the previous Summer Link comfortable Metrolink train on Saturday or Sunday and let the adventures begin! Metrolink regular weekday ticket price. Now all weekends will be Metrolink Weekends™.

What can you do on a Metrolink Weekend?

You can turn an ordinary weekend into an extraordinary adventure with a little help from Metrolink. Travel hassle-free to a variety of new locations with a trainload of entertainment, shopping and dining possibilities.





- Go to Disneyland and avoid the traffic and parking! Gather up the kids and head to the Magic Kingdom, ART buses connect at the Orange station.
- Strike up a bit of romance with that someone special with an afternoon at the San Clemente Pier.
- Take your bike off the beaten track and visit the Laguna Niguel Botanical Preserve. Later, grab a bite to eat at The Shops at Mission Viejo.

- Take the kids and enjoy over 100 hands-on exhibits and live science shows at the Discovery Science Center in Santa Ana.
- Visit friends and family without the hassle and expense of driving, just sit back, relax and enjoy the ride.
- Surf's up! Head to San Clemente or Oceanside to catch some waves or work on that tan. Use sunscreen!
- Stop by North Main Corona and rock out at the Fender Museum. Then do lunch at one of the nearby restaurants.
- Go on a "shop till you drop" shopping spree at The Spectrum in Irvine.

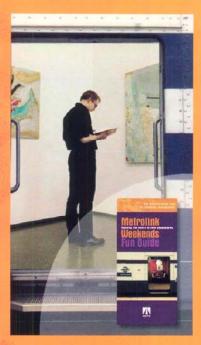


Your weekend is arriving.

www.metrolinkweekends.com



WHERE TO GO WHAT TO DO



When	What	Where
	San Clemente Ocean Festival	San Clemente
July 10-16	Surfing America USA Surfing Championship	Oceanside
	Jazz at the Beach	Oceanside
August 5	Antique Car Show	Santa Ana
	Mariachi Festival	San Juan Capistrano
August 6	San Clemente Village Art Fair	San Clemente
	Right to Rock Free	Oceanside
August 13	San Clemente Street Fair & Fiesta	San Clemente
	San Clemente Art Association Art & Crafts Fair	San Clemente
August 17-20	Long Board Surfing Club Contest and Beach Festival	San Clemente
	Zoofari	Santa Ana
August 27	World Bodysurfing Championship	Oceanside
	Celebrity Concert	San Juan Capistrano
September 2-4	Orange International Street Fair	Orange
October 8	San Clemente Sea Fest & Chowder Cook Off	San Clemente

Make Plans with Metrolink Weekends™ FREE Fun Guide

Receive your FREE Fun Guide by visiting www.metrolinkweekends.com or inquire at participating Metrolink stations starting June 3rd. It's jam-packed with great ideas for entertaining and historic places to visit in Orange County, Los Angeles and the Inland Empire, all within reach of the Metrolink Weekends™ service. Plus, save money when you're having fun. Look for shop and restaurant discounts, just show your Metrolink Weekends™ ticket and save!

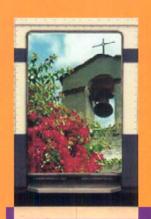
SCHEDULE

-	100	150	0 0 1-1	7 o 11	00
	 San			1	

STATION	857	859	861
San Bernardino	7:30a	8:55a	22
Riverside Downtown	7:50a	9:15a	6:05p
La Sierra	8:01a	9:26a	6:15p
	8:10a	9:35a	6:22p
West Corona	8:17a	9:42a	6:29p
Anaheim Canyon	8:36a	10:01a	6:48p
Orange	8:43a	10:08a	6:55p
	8:48a	10:13a	7:00p
Tustin	8:54a	10:19a	7:06p
Irvine	9:01a	10:26a	7:13p
Laguna Niguel	9:10a	10:35a	7:22p
	L9:16a	L10:41a	L7:27p
San Clemente	L9:26a	L10:51a	L7:36p
San Clemente Pier	L9:31a	L10:56a	L7:39p
Oceanside	10:01a	11:21a	8:12p

From Oceanside

	859	861	STATION	856	858	860
a	8:55a		Oceanside	7:45a	2:50p	4:30p
a	9:15a	6:05p		8:03a	3:09p	4:49p
a	9:26a	6:15p	San Clemente	8:06a	3:14p	4:54p
a	9:35a	6:22p		8:15a	3:23p	5:03p
a	9:42a	6:29p	Laguna Niguel	8:20a	3:28p	5:08p
a	10:01a	6:48p		8:29a	3:37p	5:17p
a	10:08a	6:55p	Tustin	8:35a	3:43p	5:23p
a	10:13a	7:00p		8:41a	3:50p	5:30p
a	10:19a	7:06p	Orange	8:46a	3:55p	5:35p
a	10:26a	7:13p		8:53a	4:02p	5:42p
a	10:35a	7:22p	West Corona	L9:12a	L4:22p	L6:02p
a	L10:41a	L7:27p	North Main Corona	L9:18a	L4:29p	L6:09p
a	L10:51a	L7:36p	La Sierra	L9:26a	L4:38p	L6:18p
а	L10:56a	L7:39p	Riverside Downtown	9:50a	L4:49p	L6:29p
a	11:21a	8:12p	San Bernardino		5:20p	7:00p
L	Train may le	eave up to 5	minutes ahead of schedule.			



Sunday: Go on a mission,

ROUNDIRIP FARES

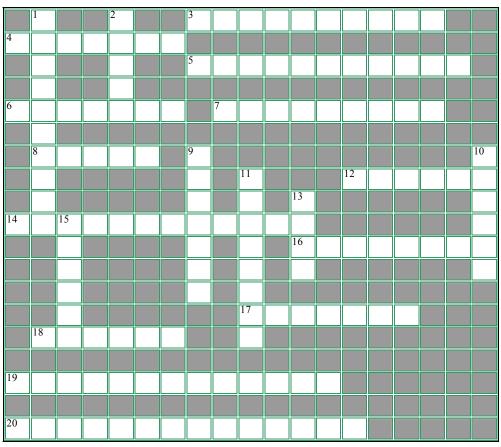
			lid through	Decembe	r 31, 2006			
	Orange (Anaheim)	Santa Ana	Tustin	Irvine	Laguna Niguel Mission Viejo	San Juan Capistrano	San Clemente	Oceanside
	\$8.00	\$9.00	\$9.00	\$9.00	\$10.50	\$10.50	\$11.50	\$11.75
Riverside	\$6.75	\$7.75	\$7.75	\$7.75	\$9.00	\$9.00	\$10.50	\$11.50
	\$6.50	\$7.50	\$7.50	\$7.50	\$8.75	\$9.00	\$10.25	\$11.00
North Main Corona	\$5.25	\$6.50	\$6.50	\$6.50	\$7.75	\$7.75	\$9.00	\$10.75
	\$5.25	\$6.50	\$6.50	\$6.50	\$7.50	\$7.75	\$8.75	\$10.50

Tickets must be purchased in advance from Ticket Vending Machines located at all stations prior to boarding. Passengers should arrive at their station and purchase tickets at least 30 minutes prior to boarding. Up to 3 children 5 years of age and under can travel for free with a valid fare. No additional discounts (i.e. Senior, ADA, Youth) apply to these already reduced fares. Group Tickets can be ordered via Metrolink, see www.metrolinktrains.com for details. Riders may use Metrolink Monthly Passes and 10-trip tickets for appropriate stations. No refunds will be provided to 10-trip ticket holders. Published fares are based on current weekday fares and may be subject to change at any time.

www.metrolinkweekends.com



CWN Crossword Puzzle



ACROSS

- 3. Second thing you do when meeting someone new
- 4. What you do at monthly meetings
- 5. Free for the asking
- 6. Who's your new president
- 7. What you see each June
 8. Do this when meeting someone new
- 12. It's a hot one
- 14. There are three currently available
- 16. Take one
- 17. CWN has one
- 18. Teacher
- 19. Read it every month
- 20. Check it out each month

DOWN

- 1. What you should renew
- 2. We're a bunch of them
- 9. Student
- 10. Bring one along
- 11. Your motto
- 13. What you need to do each month
- 15. Do one for relaxation



County Women's Network Membership/Renewal Application

Date:	Employee #:	Phone:	Mail Code:
Name:		Title:	
Department:		E-Mail Address:	
Occupational Unit:		Region: Central	☐ West End ☐ Desert
Mailing Address (fo	or those without e-mail):		
☐ New Membersh	nip or \square Renewal (L	Due annually by July 1 - Delinquent a	after September 30.)
TYPE OF MEMBERSHIP:	☐ Regular (Voting)		oyees, SANBAG, LAFCO, SB County of California-County of San Bernardino
	☐ Associate (Non-Voting)	All others supporting CWN's of industry, retirees, students, etc.	bjectives: City employees, private
DUES: Based on a	annual income. (Check 1 Yea	r or 2 Year option and annual inc	come range.)
☐ 1 Year ☐	\$55 (\$50K +)	40-49,999K)	,999K)
☐ 2 Year* ☐	\$105 (\$50K +)	40-49,999K) 🗌 \$65 (\$30-39	,999K)
Members joining b	etween January 1 and April 3() shall be assessed one-half the a	nnual dues.
*The 2 Year option	ı is only available to those joi	ning or renewing prior to Septer	mber 30.
Lam interested in s	onving on the following commi	ittoo(s):	
	erving on the following commi rams. Special Projects. Bylaw	rs, Membership, Nomination/Elec	etions. Newsletter)
(20101011111111111111111111111111111111	ums, special 1. sjecis, 2 jiun	s, 11201110 c1 0110p, 1101111111111111111111111111111	, 1 (
NEW Members: H	How did you hear about CWN?	P (Please check one):	
☐ New Employee O	rientation	ulletin Board Referred by.	:
☐ CWN Website	☐ Other:		
Send original applic		DCS / CAAHL, Kimberly Brown	(interoffice) or mail to Kimberly Brown San Bernardino, CA 92415-0029
payment receipt an	our CWN receipt of payment, old a copy of this application to		ce Proposal (EAP). Attach the original your Department for approval. Forward neck from the Auditor/Controller.
		FOR CWN USE ONLY	
Membership:	Date Received:	Computer:	Receipt Issue:
Finance:	Date Received:	Check/Receipt:	



San Bernardino County Women's Network Mentoring Program

2006/2007 Mentor Application

Please type or print clearly. Complete all sections. Deadline for submission is August 15, 2006

Name:	Work Number:			
Department:	Mail Code:			
Classification:	Working Title:	king Title:		
Work Address:				
Supervisor's Name:	Phone Number:			
Areas of Experience (You may attach your resume, if you wish) What skills, knowledge, and information are you willing/confident	to share with a Protégé?			
□ Defining Goals□ Office Politics□ County Structure	☐ Supervisory Skill☐ Career Planning☐ Goal Setting☐ Project Management☐ Other	☐ Setting Priorities☐ Ethics/Integrity Maintenance☐ Writing Procedures☐ Coping with Glass Ceiling		
What do you consider most significant in helping you to ge	et where you are today?			
Are there any specific employee classifications/positions y	ou are most interested in	mentoring?		
Do you have any previous experience in mentoring? (Facili If yes, please describe:	itating, teaching, coaching	g, etc.)		
As a mentor, will you commit to meet with your protégés in lunch, and support/attend Global Meetings?	n a Mentoring Circle at lea	ast twice a month for an extended Yes No		
If no, please define what time commitment you are willing	to give to this program.			

GENERAL PROGRAM INFORMATION & SIGNATURE AGREEMENT

The Mentoring Program is a 10-month program that requires the participants' (Protégés AND Mentors) attendance at least twice monthly for extended lunchtime meetings (1.5 hrs). In addition to these meetings, the Mentoring Program includes approximately nine "global" meetings that range from 2 to 6 hrs each in length, spread throughout the Program year. The CWN Mentoring Program delivers a tangible value to all of its participants through the establishment of networking contacts, visibility to top management and government officials in the County, and behind-the-scenes information on the County organizational structure. Although the participants may be required to complete additional work outside of the meetings, they are encouraged to do their assignments at home.

cknowledge the importance of following through with the program if accepted. You further acknowledge the importance f being a positive role model in professional behavior, business etiquette, and personal integrity.					
Signature	Date				

Your signature below indicates that you recognize the significant scheduling commitment required, and that you

Thank you in advance for your willingness to contribute your expertise, your knowledge, and most importantly, your time to the improvement of women throughout the County of San Bernardino!

Please see attached SAMPLE of a CWN Mentoring Program Year.

Return this application via interoffice mail by August 15, 2006 to: Jessie Burr (Ontario – PERC) or Jane Adams (0640 – DAAS)



San Bernardino County Women's Network Mentoring Program

2006/2007 Protégé Application

Please type or print clearly. Complete all sections. Deadline for submission is August 15, 2006

Personal Information					
Name:		Work Numl	Work Number:		
	Department:				
Work Address:					
			nber:		
Are you presently a mer	mber of the County Women's Network?	☐ Yes	□ No		
Are you a regular status	employee?	☐ Yes	☐ No		
(You must be a CWN member and a regular status employee of the County be considered for the Mentoring Program.)					
Employment History					
Employer	<u>Title</u>			Period of Service	
				to	
Education Background					
Please indicate highest	level <u>completed</u> .				
☐ High School	☐ College or Trade School Degree☐ Graduate Degree or higher		ollege or Trade So ost-Graduate Wor		

Statement of Interest/Commitment

Explain why you want to participate in the Mentoring Program and how you expect to benefit from it. Attach additional sheet if necessary.

Areas of Interest/Need	(Please check three (3) areas that repre	sent the highe	st priority in your m	entoring needs)		
 □ Budget/Fiscal □ Defining Goals □ Office Politics □ Communication Skills □ Interview Skills 	 □ Organizational Skills □ Management Techniques □ County Structure □ Negotiations □ Leadership 	☐ Superv ☐ Career ☐ Goal So ☐ Project ☐ Other _	Planning etting Management	☐ Setting Priorities☐ Ethics/Integrity Maintenance☐ Writing Procedures☐ Coping with Glass Ceiling		
If available, is there a spe	cific employee classification that you	would like fo	r a mentor?			
Commitment						
commitment necessary to	prepare for and attend all program n	neetings and	to participate full	ng Program, I agree to make the personal y in all parts of the program. I further nount of effort and time that I put in to it.		
	Signature			Date		
The Mentoring Program monthly for extended lunc meetings that range from tangible value to all of its officials in the County, ar required to complete additional Your signature below inditional of supporting the protégé Applicant is an employee Applicant has attained regularity.	chtime meetings (1.5 hrs). In addition 2 to 6 hrs each in length, spread the participants through the establishment behind-the-scenes information on the tional work outside of the meetings, the cates your recognition of the signification following through with the program in good standing:	s the participant to these menoughout that of network the County hey are encount and scheduling, if accepted Yes	eetings, the Mente Program year. ing contacts, visionganizational sturaged to do their commitment recommitment recommitment	AND Mentors') attendance at least twice oring Program approximately nine "global" The CWN Mentoring Program delivers a ibility to top management and government ructure. Although the participants may be r assignments at home.		
Comments:						
Please see	Please see attached SAMPLE of a CWN Mentoring Program Year.					
Jess	Return via interoffice sie Burr (Ontario – PEI					

Date Rec'd _____

CWNMP USE ONLY